

# What happened to social well-being...

*a case for GMVs in social prescribing*

Primary Care Perspectives on Social  
Prescribing

Friday, 23 May 2025

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# “THE HABITS OF IMPROVERS”

LUCAS, BILL. "GETTING THE IMPROVEMENT HABIT." BMJ QUALITY & SAFETY 25.6 (2016): 400-403.

A Better  
Way of  
Thinking About  
Medicine and  
Healing



# The Connection Cure

The Prescriptive Power of Movement,  
Nature, Art, Service, and Belonging

JULIA HOTZ



## WHAT MATTERS TO YOU?

Ask what matters.

Listen to what matters.

Do what matters.





# SOCIAL PRESCRIBING GROUP MEDICAL VISITS: PATHWAYS FORWARD

## WATCHING NEEDS TO SOLUTIONS

- IDENTIFY PATIENTS' SCREENING
- SHARE FEEDBACK WITH CHAIRMAN
- THE BLUE BOARD

- CREATE A BOOK
- SUCCESS STORIES
- THE BENEFITS
- SPARK CURIOSITY
- IMPROVED HEALTHCARE ACCESS
- DEDICATED STABILITY



## STIMULATE PATIENT LEARNING

- HAD A CLEAR AGENDA
- ENGAGE ENLIGHTENED GROUP LEADERS
- CHALLENGE OLDER ADULTS' LEARNING STYLES
- MEETING SPACE AMBUSHES PATIENTS
- ALLOW FOR SPEECH AND DISCUSSIONS

## CREATE PATHWAYS TO SOCIAL CONNECTION

- SET OUT THE PARAMETERS
- WELCOMING, RESPECTFUL SPACE
- FOSTER TRUST WITH FACILITATORS & GROUP MEMBERS
- PROVIDE DEDICATED CONNECTION ACTIVITIES

## FOLLOW UP

- ENABLE PATIENT ACCOUNTABILITY
- FACILITATE PATIENT ACTUAL SUPPORT
- SUPPORT CONNECTIONS TO FOSTER GOAL ACHIEVEMENT
- RECRUIT AND ENCOURAGE PATIENT LEADERS

## FOSTER COMMUNITY CONNECTIONS

- SUPPORT GOAL IDENTIFICATION
- TRANSFORM PATIENT INTERESTS, GOALS, AND ASPIRATIONS
- SPACE TO DISCUSS BARRIERS TO ENGAGEMENT
- ASSIST WITH CONNECTION TO PROGRAMS & ACTIVITIES

PROVIDER & PATIENT PARTNERSHIP: WE ARE IN THIS TOGETHER!



DEFINED ROLES WITH A SHARED UNDERSTANDING & PURPOSE

## LEARN TOGETHER, GROW STRONGER

- WHY AM I HERE?
- SOCIAL CONNECTION
- PERSONAL DEVELOPMENT & GROWTH
- FIND PURPOSE THROUGH CHANGING
- OPPORTUNITIES FOR SHARED LEARNING



## CREATE SOCIAL CONNECTIONS

- CULTIVATE RELATIONSHIPS, REACH OUT
- FEELING LIKE YOU ARE AN EQUAL
- STEP UP TO ORGANIZE OR FACILITATE FUTURE CONNECTIONS
- WORKSHOPS
- EXCHANGE CONTACT INFORMATION
- NAME NEIGHBOURS
- GLOBALLY OR BI-MONTHLY MEETINGS

## TALK, SHARE & LEARN

- LEARNING REQUIRES CONVERSATION
- I HAVE LIVED EXPERIENCE TO SHARE WITH OTHERS
- LIMIT PRINTED READING MATERIAL

## WHAT'S NEXT?

- DON'T LET IT STAGNATE!
- BE ACCOUNTABLE FOR GOALS
- DECIDE WHAT WORKS FOR FOLLOW UP'S ACCOUNTABILITY
- TAKE PART IN FUTURE GROUPS, MAKE THEM YOUR OWN!

## CONNECTING TO COMMUNITIES

- ENGAGE IN YOUR COMMUNITIES
- IDENTIFY BODIES & SET THEM
- FORM PARTNERSHIPS WITH OTHER PATIENTS
- SHARE KNOWLEDGE OF PROGRAMS & ACTIVITIES
- DISCUSS BARRIERS
- TRANSPORTATION COSTS AND AVAILABILITY
- MOTIVATION → TIME
- GOVERNMENTS MUST COMMIT TO MEETING SENIORS' NEEDS
- OUR CITY DOESN'T PRIORITIZE SENIORS' NEEDS
- HEALTHCARE IS FINDING US



“To find health should be the object of the doctor, anyone can find disease.”

*Andrew Taylor Still, MD*



“Complete physical, mental, & social well-being, not merely  
the absence of disease or infirmity”

*WHO Definition of Health (1948)*




“Complete physical, mental, & **social well-being**, not merely the absence of disease or infirmity”

*WHO Definition of Health (1948)*







Ultimately, the secret of quality is love. You have to love your patient, you have to love your profession, you have to love your God.

If you have love, you can then work backward to monitor and improve the system.

Avedis Donabedian



OPEN ACCESS Freely available online

PLoS MEDICINE

# Social Relationships and Mortality Risk: A Meta-analytic Review

Julianne Holt-Lunstad<sup>1✉</sup>, Timothy B. Smith<sup>2✉</sup>, J. Bradley Layton<sup>3</sup>

<sup>1</sup> Department of Psychology, Brigham Young University, Provo, Utah, United States of America, <sup>2</sup> Department of Counseling Psychology, Brigham Young University, Provo, Utah, United States of America, <sup>3</sup> Department of Epidemiology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States of America

OPEN ACCESS Freely available online

June 2010

PLoS MEDICINE

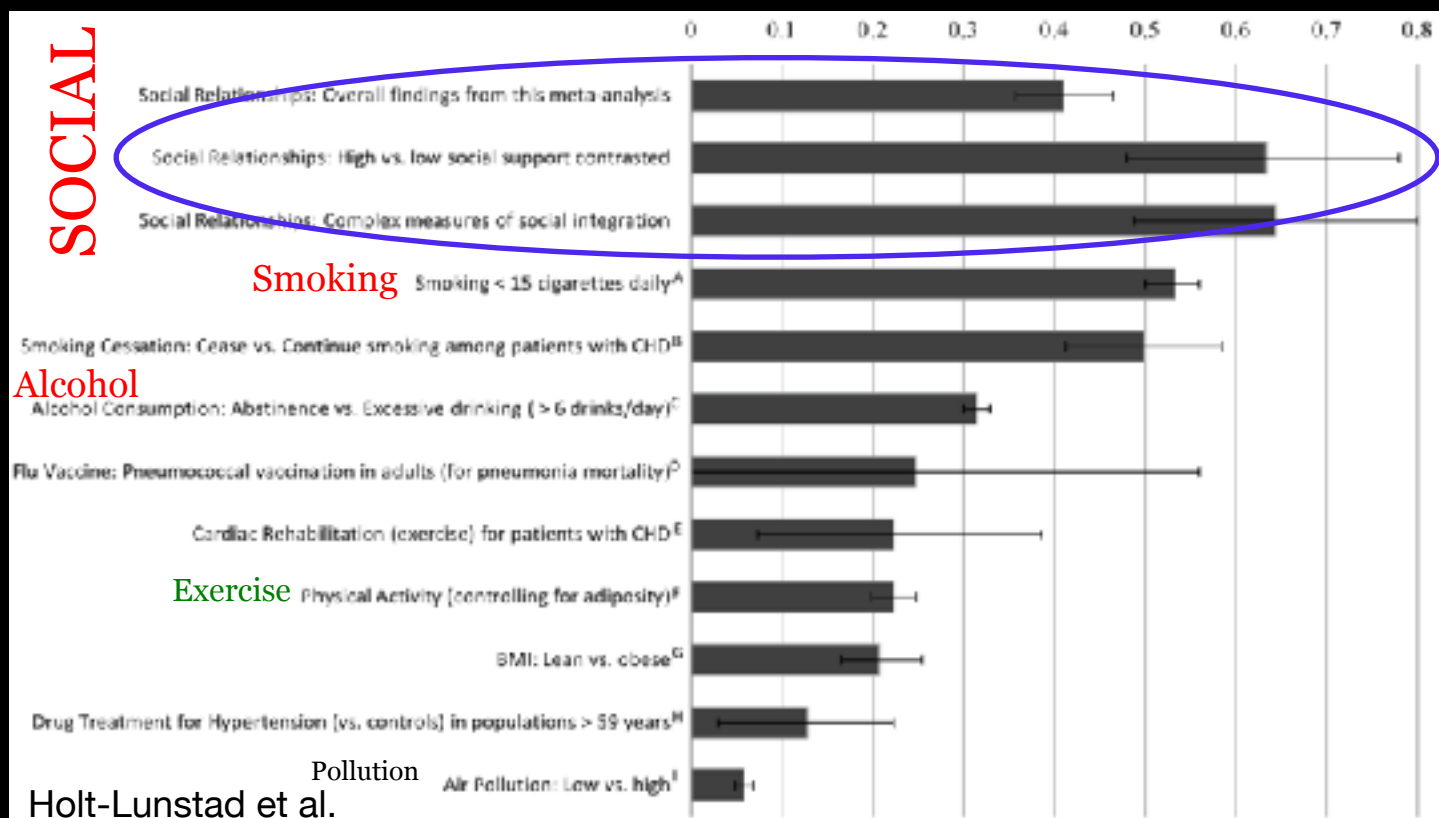
Editorial

## Social Relationships Are Key to Health, and to Health Policy

The PLoS Medicine Editors<sup>®</sup>

August 2010

# Odds Ratios (ORs) for Decreased Mortality by condition





# CASCH

Canadian Alliance for  
Social Connection and Health

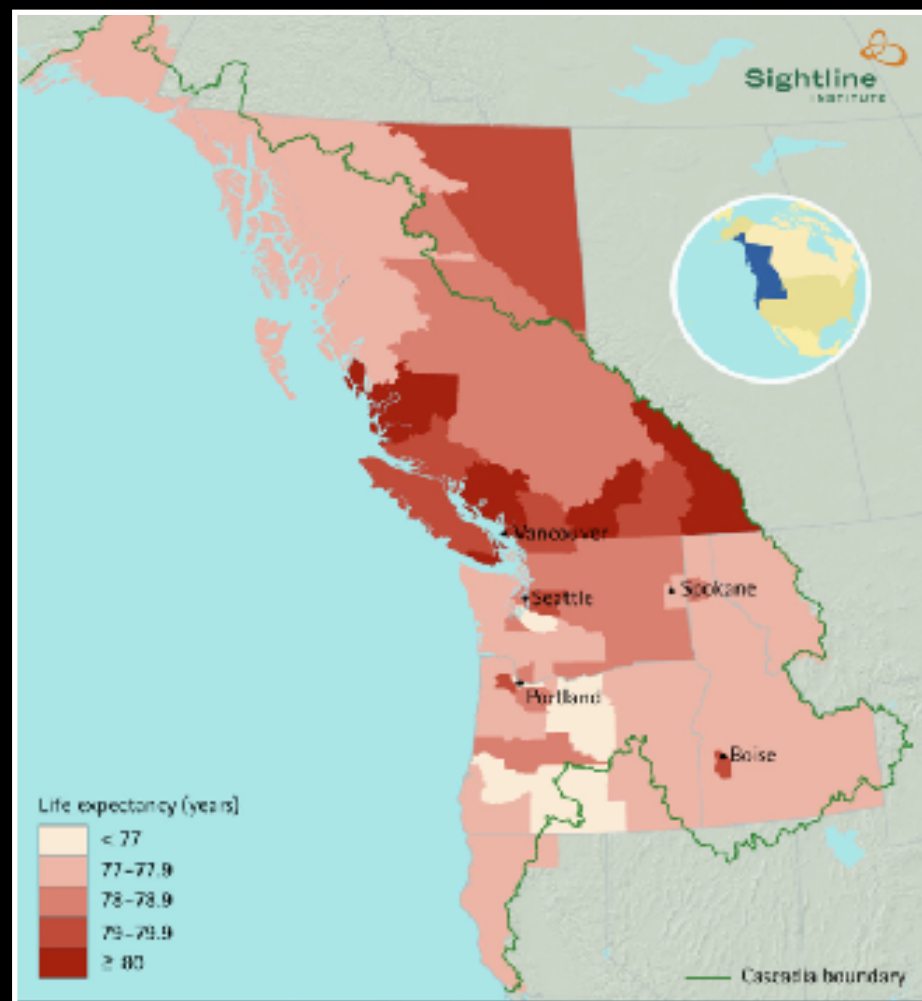
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LATEST NEWS

**Did you know that being socially connected is associated with living a happier, healthier, and longer life?**





Are you crazy?  
This is my rope.



Here, borrow my  
rope!







# CHRONIC DISEASE DISPARITIES REPORT 2011: Social Determinants



Chronic Disease Management and Control Branch  
Hawaii State Department of Health



**Access to Health Care**  
(i.e. Insurance, Costs,  
Medical-Home)

**Risk Factors**  
(i.e. Smoking, Physical Inactivity, Obesity)



**MAKAI**

**Chronic Disease Burden**  
(Prevalence, Death, Costs)

**Respiratory Diseases/Asthma/COPD**

**Cancer**

**Disability/Arthritis**

**Heart Disease/Stroke**

**Diabetes**

**DOWNSTREAM**  
**"Effects"**

**MAUKA**

UPSTREAM  
"Root Causes"

**Discrimination/Racism**

**Community Context**  
(Deprivation, Crime, Safety, Housing)

**Geography/Place**

**Environment/Pollution**

**Poverty**

**Education**

**Employment/Occupation**

**Risk Markers**  
(Race/Ethnicity/Age)

**Income/Wealth**

Access to Health Care  
(i.e. Insurance, Costs,  
Medical Home)

Risk Factors  
(i.e. Smoking, Physical Inactivity, Obesity)

**MAKAI**

DOWNSTREAM  
"Effects"

Chronic Disease Burden  
(Prevalence, Death, Costs)

Respiratory Diseases/Asthma/COPD

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Disability/Arthritis

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Diabetes

# UPSTREAM “Root Causes”



Education  
Employment/Occupation  
Risk Markers  
(Race/Ethnicity/Age)  
Income/Wealth

Health

Political Context & Governance  
Social/Economic Conditions

## Social Determinants of Health – What Doctors Can Do

October 2011



**Predominantly non-  
medical action is  
required...  
(for making) an impact  
upon...  
the health and life  
expectancy of individuals  
and communities.**



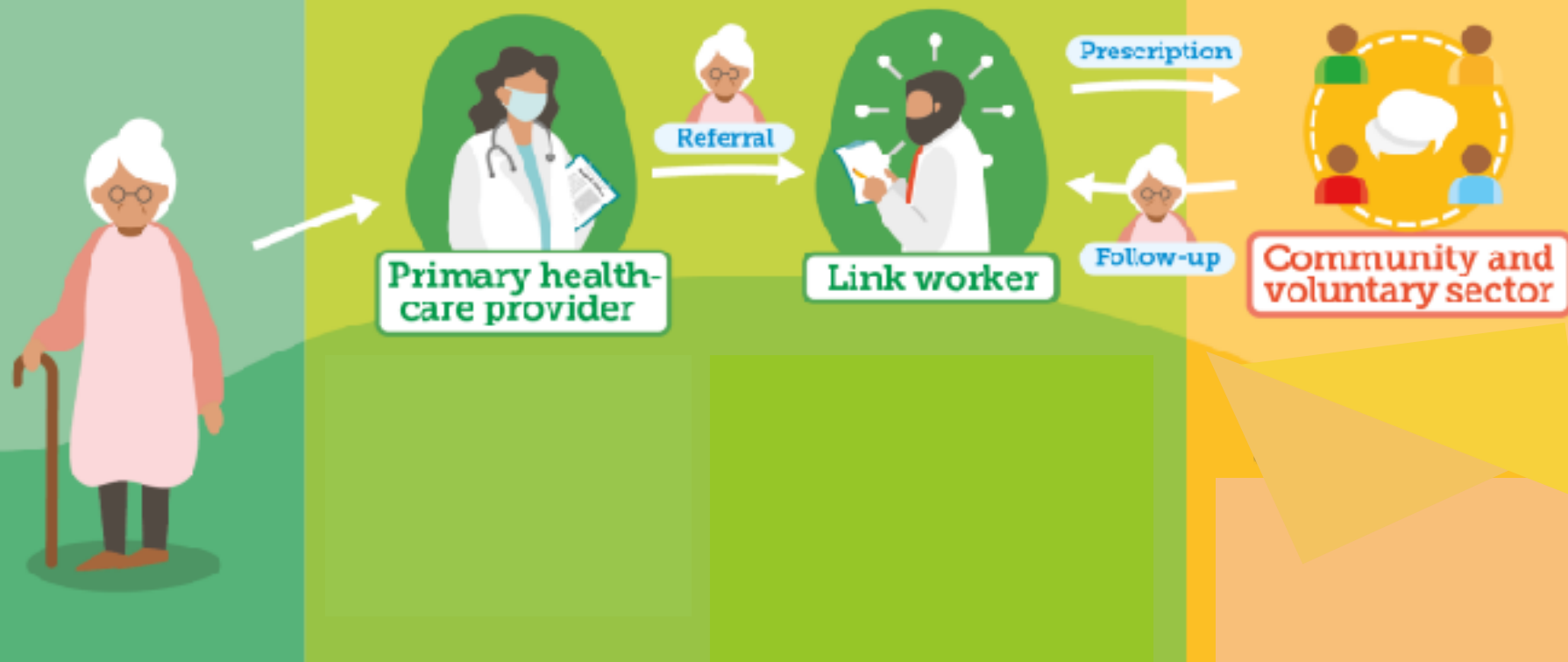
## Women's groups practising participatory learning and action to improve maternal and newborn health in low-resource settings: a systematic review and meta-analysis

Audrey Prost, Tim Colbourn, Nadine Sewankambo, Kishor Arora, Ari Coomarasamy, Andrew Copas, Tanja A.J. Houtwing, Edward Fatusi, Abdul Kuddus, Sonia Lewycka, Christine MacArthur, Bhama Manandhar, Joanna Morrison, Charles Mwanambi, Nirmla Nair, Bejoy Nambiar, David Orok, Christina Pagel, Tamara Philp, Anna-Maria Pulkki-Brännström, Mikko Räsänen, Jolene Skordis-Worrell, Naomi Sautelle, Neema Shah More, Shrim Shrestha, Prasanta Tripathy, Arnie Wilson, Anthony Costello

**Conclusion:** “...we hypothesize that reduction of maternal mortality might be driven by **groups discussing danger signs, raising community-wide support for maternal health, organising transport for pregnant women, and contributing to emergency funds for transport and health-care costs.**”

## CLINIC

## COMMUNITY





# *Group Doctor Visits Gain Ground*

**The New York Times**

May 6, 2016





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- PROMOTE DIVERSE CONNECTION ACTIVITIES

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- OUR CITY DOESN'T PRIORITIZE SENIORS' NEEDS
- HEALTHCARE IS FINDING US



OPINION

COMMENTARY

Follow

## 'Social Prescriptions': A Good RFK Jr. Idea

Exercise, nutrition, art and connection can all help keep people healthy.

By Julia Hotz

Nov. 19, 2024 3:17 pm ET



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295



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0:11 min



**Social prescriptions are no panacea.**

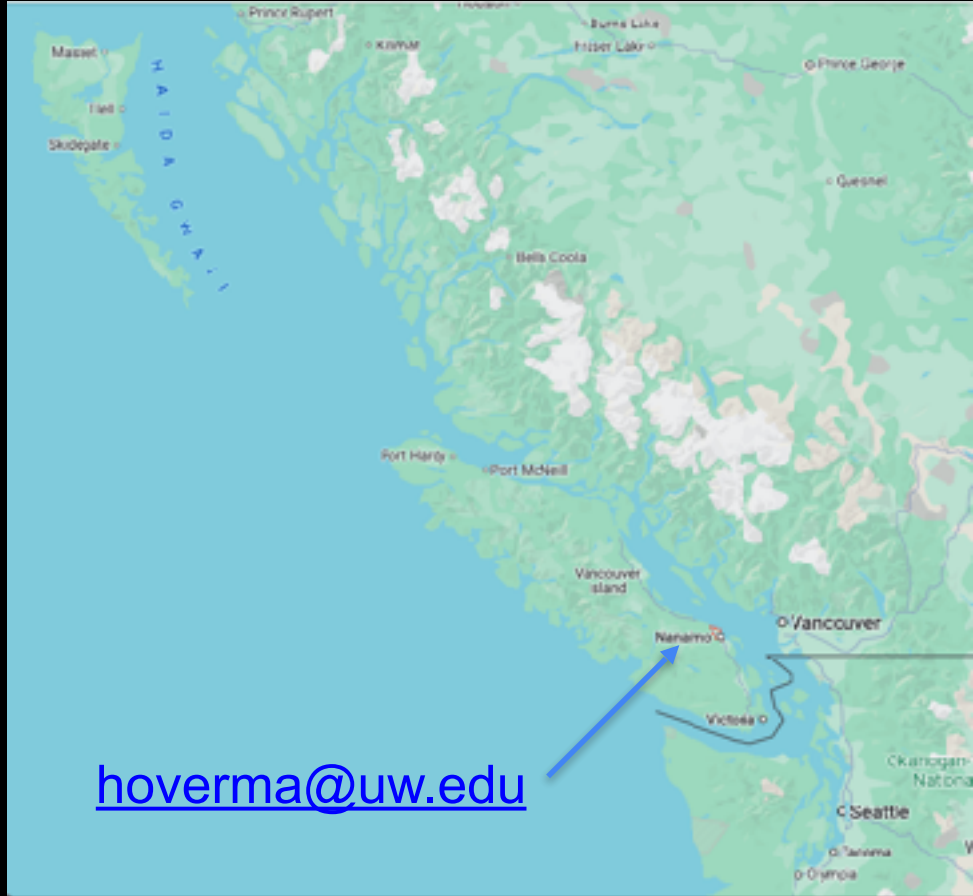
**But...social prescribing can reconnect us to each other.**



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